

Keep your HEART Beating

Your heart beats 60 to 100 times a minute, pumping about 2,000 gallons of blood through your body every day. Because it's such an important muscle, you need to take care of your heart:

- Eat nutritious food such as whole grains and vegetables
- Increase your physical activity
- Manage your weight
- Reduce your stress
- Quit smoking
- Limit alcohol consumption

Set up regular checkups, and visit your doctor immediately if you have any signs of heart disease.

Provided by **Integrity Consulting Group**
104 Interchange Plaza, Suite 202
Monroe Township, New Jersey 08831
(888) 737-4313 / customerservice@integritycg.com



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